



## TPW 's TMJ Menu

#	Sets	Reps	Duration	E-cise
1	3	20		Sitting Knee Pillow Squeezes
2	3	20		Sitting Heel Raises w/ Pillow
3	3	20		Standing Gluteal Contractions
4	1	1	00:02:00	Static Extension Position
5	1	1	00:03:00	Wall Towels
6	3	20		Sitting Knee Pillow Squeezes
7	3	10		Sitting Scapular Contractions w/Pillow
8	1	1	00:02:00	Airbench

### Instructions:

Total time: 25 minutes.

Times a day: Once in the morning.

# POSTURE workout

## 1. Sitting Knee Pillow Squeezes



Do 3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees.
3. Roll your hips forward to place an arch in your low back and hold this position throughout the E-cise.
4. Squeeze and release the pillow with your knees.
5. Repeat as directed on your menu.

### Fun Facts:

- This E-cise introduces the body to the functional sitting position versus the average slumped forward sitting position our bodies become accustomed to.

# POSTURE workout

## 2. Sitting Heel Raises w/ Pillow



3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees and apply gentle pressure inward, just enough to hold the pillow in place.
3. Roll your hips forward to place an arch in your low back and hold throughout the exercise.
4. Lift your heels off the floor using your front hip muscles to generate the movement and then lower them back to the floor.
5. Repeat as directed on your menu.

### Fun Facts:

- The exercise promotes bilateral primary hip flexion demand to transfer workload from lumbar spine to muscle of the hip and pelvis.

# POSTURE workout

## 3. Standing Gluteal Contractions



Do 3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Stand with your feet pointed straight and hip width apart.
2. Squeeze and release your buttocks muscles.
  - Do not contract your stomach muscles nor your thigh muscles; they should be relaxed.
  - If it seems too difficult, point your feet outward 45 degrees for the first set and then straighten your feet up for subsequent sets.
3. Repeat as directed on your menu.

### Fun Facts:

- This exercise promotes proper weight distribution in a standing position.

# POSTURE workout

## 4. Static Extension Position



Hold this E-cise for 02 min.

### Instructions:

1. Start down on the floor on your hands and knees with your major joints aligned (i.e. shoulders directly above elbows and wrists, hips directly above knees).
  - Hands should be placed shoulder width apart, palms flat with fingers pointed straight ahead.
  - Arms must remain straight, elbows locked.
2. Walk your hands 4-6 inches forward and then move your upper body forward so that your shoulders are again above your wrist but now your hips are forward of your knees 4-6 inches.
3. Relax your low back allowing it to arch with the movement coming from the tilt of your pelvis.
4. Collapse your shoulder blades together and drop your head down.
  - Your shoulders should be directly above your wrist.
  - If your low back begins to hurt, back your hips up toward your knees; this will make the exercise a bit easier.
5. Hold as directed on your menu.

### Fun Facts:

- This exercise promotes lumbar and thoracic extension through bilateral hip demand.

# THE POSTURE workout

## 5. Wall Towels



Hold this E-cise for 03 min.

### Instructions:

1. Stand at a wall with your feet pointed straight and hip width apart.
  - Your heels should be against the wall.
  - Your head, upper back and butt should be against the wall.
2. Place a firmly rolled towel behind your low back and another behind your neck. Each towel roll should be 2" – 3" in diameter.
3. Hold as directed on your menu.

### Fun Facts:

- The towels remind our spine of its natural "S" curve that is lost when we sit for long periods during the day.

# POSTURE workout

## 6. Sitting Knee Pillow Squeezes



Do 3 sets. Each set consisting of 20 repetitions.

### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees.
3. Roll your hips forward to place an arch in your low back and hold this position throughout the E-cise.
4. Squeeze and release the pillow with your knees.
5. Repeat as directed on your menu.

### Fun Facts:

- This E-cise introduces the body to the functional sitting position versus the average slumped forward sitting position our bodies become accustomed to.

# POSTURE workout

## 7. Sitting Scapular Contractions w/Pillow



Do 3 sets. Each set consisting of 10 repetitions.

### Instructions:

1. Sit in the middle of a chair with your feet pointed straight ahead, 4-6 inches apart.
2. Place a pillow between your knees, squeeze the pillow and hold throughout this E-cise.
3. Roll your hips forward to place an arch in your low back and hold throughout the E-cise.
4. Squeeze and release your shoulder blades together.
  - Back and down, NOT up and down.
5. Repeat as directed on your menu.

### Fun Facts:

- This exercise promotes proper scapular position and thoracic extension.



# POSTURE workout

## 8. Airbench



Hold this E-cise for 02 min.

### Instructions:

1. Stand with your back against a wall with feet and knees hip width apart and feet pointed straight.
2. Walk your feet away from the wall while sliding your body down at the same time.
  - You will be "seated" in an invisible chair, with your knees bent to 105 degrees.
  - Your hips are just slightly higher than your knees; your ankles are slightly ahead of your knees.
  - Your lower back should be completely flat against the wall.
  - Your arms can hang down to your sides, or rest your hands gently on your lap.
3. Hold as directed on your menu
  - Keep the weight in your heels, do not press forward on your toes
4. DO NOT DO THIS E-CISE IN SOCKS!
5. DO THIS EXERCISE IN ATHLETIC SHOES OR ON A YOGA MAT!

### Fun Facts:

- A key component in walking is Quad strength. In this E-cise we are increasing the strength of this muscle group.